6:Fawcett G-5 (ca. 1900)1915
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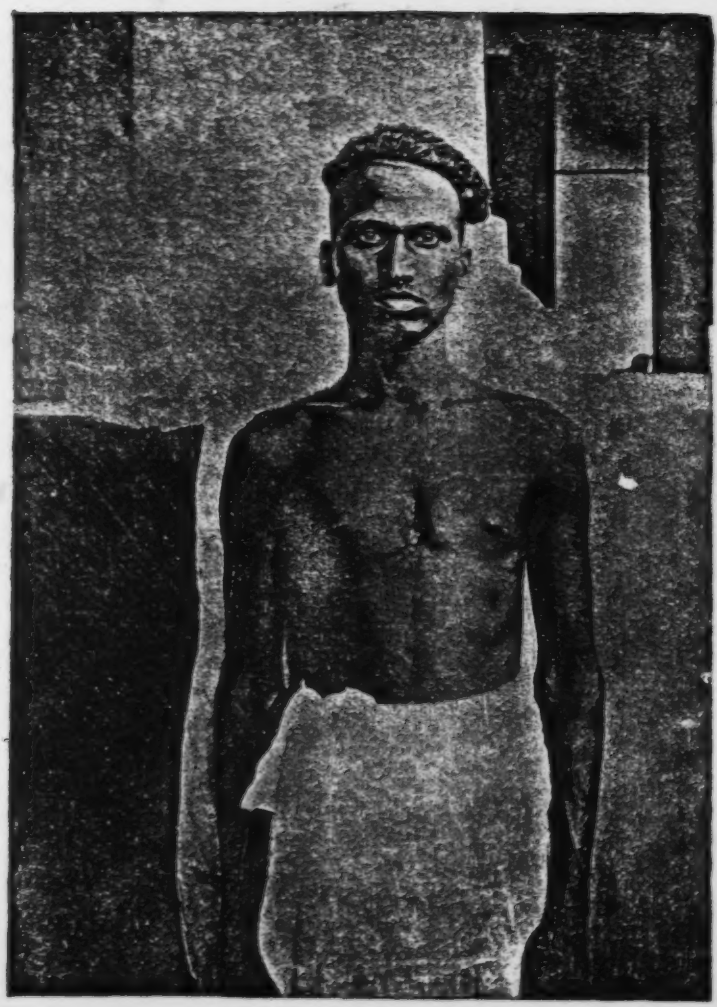
PL. VII.



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AKATTU CHARNA NAYAR. FATHER A NAMBUTIRI.

[Facing P. 196]

6:Fawcett G-5 (ca. 1900)1915
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legend "made in Austria." The Nâyars wear none but the gold, "mounted" as they call it (the mounting being much as the upper portion of one section of the necklace, in the plate), strung together through the mounting just as the necklace: a very effective ornament for the neck. The brass imitations of the sequin are worn by the women of the inferior races of whom we shall have some description hereafter. If one asks the ordinary Malayali, say a Nâyar, what persons are represented on the sequin, one gets for answer that they are Rama and Sita; between them a cocoanut tree!

Turkish coins, French half louis, and German 10 mark pieces are also used in the same way, each one being known by a distinctive vernacular name, and no corruption of its nomenclature in European coinage, so that it is always easy to identify one of these coins by its vernacular name. For instance, every Malayali knows what an "Amâda" is: it is what we know to be a real or imitation Venetian sequin.* The half louis of the empire is known as the "pakshikkas," probably from the eagle on the reverse. And so on.†

Ornaments are never worn on the ankles or on the waist, as is the rule in other parts of Southern India.

Dress, men.—This is very simple; ordinarily one cloth round the loins, the ends overlapping a foot or two in front. It is not tucked between the legs, which is the fashion practically all over India, but hangs straight to the ground. It should touch the ground, or very nearly do so. Wearing a cloth in such fashion carries with it dignity to the wearer. A Tlyan, or a man of any inferior

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* I have never heard any explanation of the word Amâda in Malabar. The following comes from Tinnevelly: "Amâda was the consort of Bhagavati and he suddenly appeared one day before a Shânár (the caste devoted to climbing the palms and drawing off the juice) and demanded food. The Shânár said he was a poor man with nothing to offer but toddy, which however he gave in a palmyra leaf. Amâda drank the toddy and performing a mantram over the leaf it turned into gold coins which bore on one side the pictures of Amâda, the Shânár and the tree; and these he gave the Shânár on a reward for his willingness to assist him. This explains the two names—Shânár caste (as they are called in Tinnevelly, but where they are not very common), and Amâda."

† It is scarcely right to say any of these coins, even the sequin, is not current. The value of each is known everywhere to a nicety. It must be remembered that throughout Malabar copper coins of the English and Dutch East India Companies, of Mysore, and of almost every former dynasty of South India are to be found amongst the coins actually current with the people, while in the rural parts reckoning is always in fanams: not in annas.

291 564 caste, is not supposed to wear his cloth below his knees. Now-a-days, when there is a general levelling up, the inferior races occupying a position they never held before, when people speak of caste as if it were a fanciful arrangement of the social fabric which it would be an excellent thing to destroy, forgetting that, fundamentally, it rests on racial differentiation, we see those of castes inferior to the Nâyar wearing their cloths to the ground—in the towns that is, where the sway of modern officialdom and education is felt. But, were a man of inferior caste to wear his cloth to the ground, away out in the district where the old order has not changed much, he would soon be made to repent having done what is believed to be an infringement of the privileges of the Nâyar. He would probably be well beaten, and might have his house burnt. The single cloth (mundu) constitutes the ordinary dress. No turban is worn. It is wrong for a [293] Nâyar to cover his head. But he may use an umbrella, and invariably does so when walking in the sun, for he is very susceptible to its rays. The cloth must be fastened at the waist in a certain way. Those of every caste tie or fasten their cloth round the loins in a certain way; people of no two castes tie the cloth alike.

Women.—A short cloth is worn somewhat tight round the loins, and over it is worn another cloth from the waist to below the knee. Nothing is worn above waist. When one sees women of the Nâyar caste on the roads (they are *never* to be seen in the towns), or at the festivals or other large gatherings, they are wearing a cloth loosely covering the upper portion of the body. In Malabar, where there is prevalent the idea that no respectable woman covers her breast, there has crept in lately, chiefly amongst those who have travelled, a feeling of shame in respect of this custom of dress. Dress is, of course, a conventional affair, and it will be matter for regret should false ideas of shame supplant those of natural dignity such as one sees expressed in the carriage and bearing of the well-bred Nâyar lady.

121 It will be most convenient to deal with the Nâyars as a body under such heads as marriage, customs, etc. Here we are concerned mainly with physical measures and general appearance, under which come dress and ornament. What has been said about dress may be taken as descriptive of all the clans. Before leaving the Kiriattil Nâyars it will be well to note the names of some of those actually measured.

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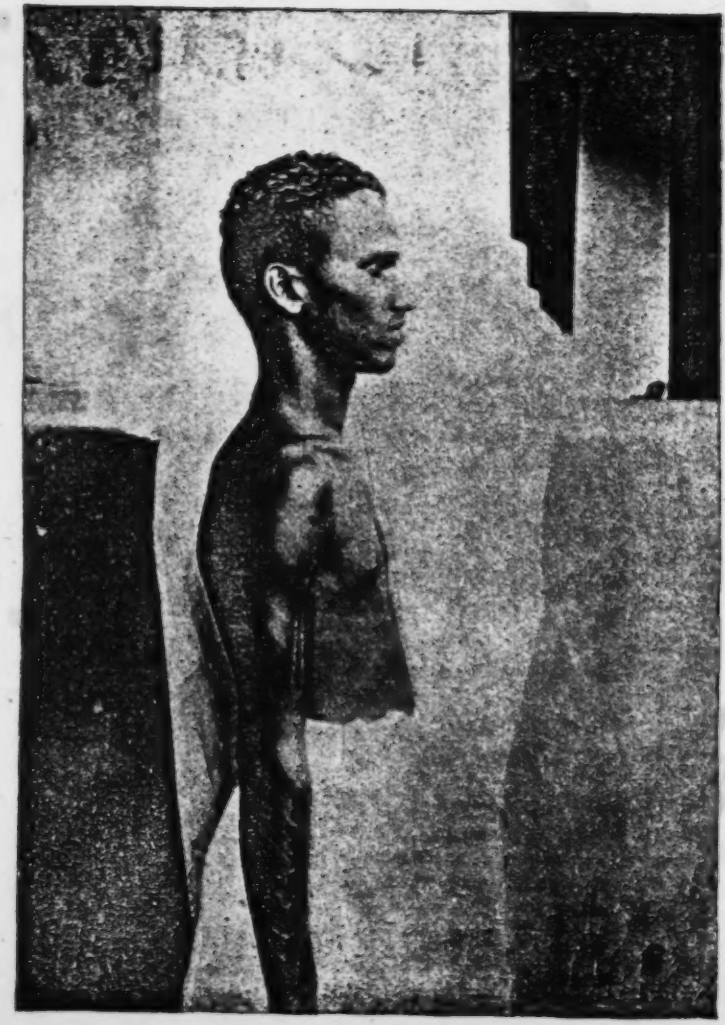
PL. VIII.



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AKATTU CHARNA NAYAR. FATHER A NAMBUTIRI.

[Facing P. 198]

141 *564 Some individuals were described in my notes—

(1) Nasal bones wide and thick. Teeth project.

(2) Lips thick and somewhat projecting. Chin receding. The flesh on the chin is thick, giving it a rounded lump like appearance. Inion appears to be in a projecting ridge round the back of the head. (Cephalic length 197.)

(3) Supraciliary arches slight. Nasal notch. Nose straight. Lips slightly everted. Teeth in upper jaw project forwards. Eyes deep set. Inner corner of eyes a trifle oblique.

The last two specimens are uncommon; not typical. The thick lips and projecting teeth are not usually noticeable as in their case. The long oval face is the common type. The fashion of wearing no hair on the face, shaving the head at the back and at the sides and a little over the forehead, leaving but the oval patch on the vertex, no head covering being worn, gives the face an appearance of length. But while the average of the measure vertex to chin, for all the Nâyars,* reduced to stature equals 100, is 11·9, the same for 21 of the 30 different castes† examined in Malabar is greater. The Mukkuvan is as high as 13·4, while on the other hand the Nambûtiri is less, being but 11·7.

[302] [291]

Figure.—One out of 25 is recorded as "stout." One-third were "slight." Nearly two-thirds were medium or thereabouts; and this seems to represent the average.

142 *564 *Hair.*—More than half are noted as having whiskers, that is, growth of hair on the cheeks. In two-thirds of the subjects the hair on the head was thick and wavy; in a few cases it was very thick. Individuals aged respectively 25, 32, and 52 were noted as being a little grey. In one-quarter of the total number the hair was thin to moderately thick. One individual of this clan is marked as having hair a little grey.

Hair on the chest.—Rather more than a quarter of the whole had thick to moderately thick hair. In the case of one man hair was thick all over the body, even on the back: everywhere except over the ribs, the front of the upper arm and shoulder. In another the hair on the small of the back was *thick*. In the greater number of individuals it was marked slight, and moderate, and in a few it was absent.

* Group A included.

† Counting each clan of the Nâyars separately.

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PL. IX.

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NAYAR WOMEN (SOUTH MALABAR), AGED 20 AND 17.

[Facing P. 210]

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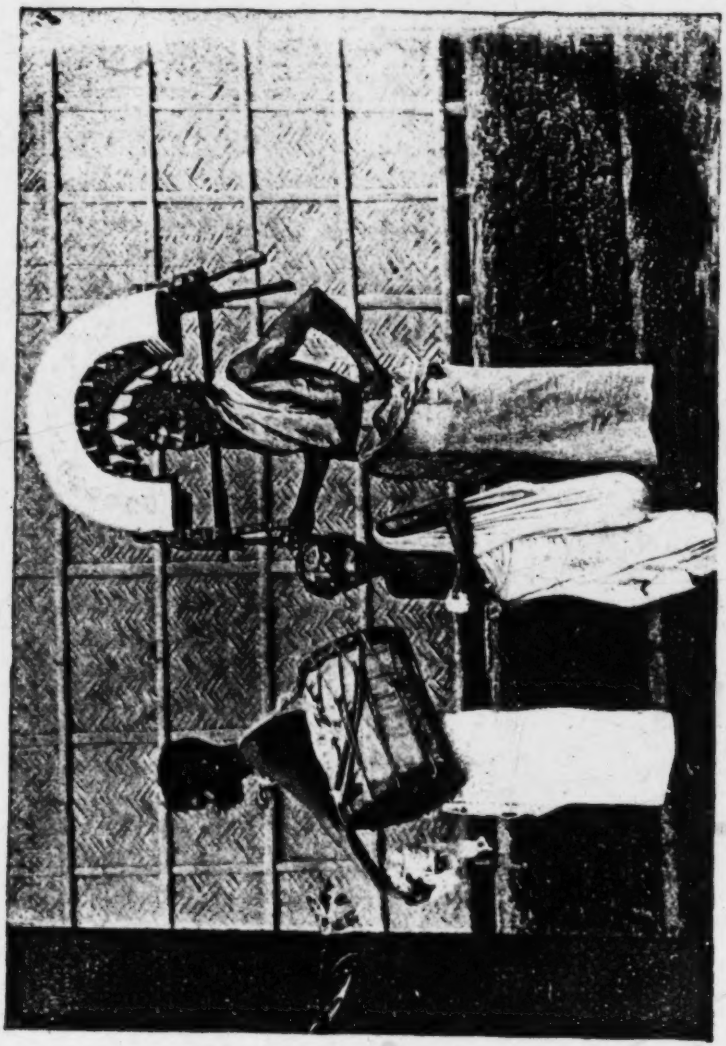

A PALNI PILGRIM, WITH HIS KAVADI.

[Facing P. 230]

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RELIGION.

It will be easier to convey a rational conception of the religion of the Nâyars, not by what is written but by what is left out; so we will proceed on this plan. The ceremonies connected with marriage and death go far towards indicating what are their religious ideas in general. The conservative character of the people of Malabar whose country is an earthly paradise, severed from the major portion of the Indian peninsula by the high mountains of the Western Ghâts, secure in its happy seclusion, where Nature has lavished her gifts with the prodigality of a Bacchante, prepares us for finding much of the primitive element in their religion. With the more uncultivated, the wilder races, this is almost entirely primitive in character; no more the cult of a Siva or Vishnu than of Sqaktktquaclt.

As has been remarked already ("Nambûtiris" Bulletin, Vol. III, No. I), we see in Malabar the most undiluted form of the highest, the most abstract religion of Southern India, side by side with the most entirely primitive. The Nâyars have much of both.

The saying, "cleanliness is next to godliness," is one of those which contain much more real wisdom than is usually apprehended. The world is really divided, as I think Mr. Havelock Ellis points out, between the dirty and the clean; and, if I err not, the same author tells us that clothed man cannot be truly clean. Man has advanced far in development when he has become a clean animal. Now the Nâyars' religion is one of cleanliness, undiminished by superabundant clothing. Men and women can scarcely wear less than they do in compatibility with the received ideas of decency and propriety, nor can they be more scrupulous in the matter of personal cleanliness. No Nâyar, unless one utterly degraded by the exigencies of a Government office, would eat his food without having bathed and changed his cloth. It is a rule seldom broken that every Nâyar goes to the temple to pray at least once a day after having bathed; generally twice a day. The mere approach anywhere near his vicinity of a Cheruman, a Polayan or any inferior being, even a Tîyan, as he walks to his house from the temple, cleansed in body and mind, his marks newly set on his forehead with sandalwood paste, is pollution, and he must turn and bathe again ere he can enter his house and eat. Buchanan tells us that in his time, about 99 years ago, the man of inferior caste thus approaching

8:Panikkar I-4, 5 (no date) 1918 AWll Kerala AWll Nayar

853 king who as a child lost his mother and was therefore fed on the milk of an attendant
846 woman, refusing to punish her son after repeated acts of treason on the ground that
608 an ocean of milk flowed between them which a drop of blood would pollute for ever.

852 On the twenty-eighth day the child undergoes two ceremonies. The first is
301 called *Erupathettu Kettuka*, or the "Tying of the twenty-eighth day." Before that
789 day the child is not allowed to wear any ornaments. On the twenty-eighth day a silver or gold belt, or a mere cord with an ornament in the shape of a heart or a laurel leaf at the front, is tied to the waist of the child. The laurel leaf was most certainly meant as a charm in ancient days, while now it is nothing more than an ornament. The waist-belt occasionally has attached to it amulets made sacred by the repetition of *mantrams* or magical formulæ over it. Such amulets are worn for the purpose of preventing disease and keeping the child safe from the demons and other evil spirits.[1]

553 After this comes the name-giving ceremony. The astrologer announces the star
787 under which the child is born and presents the horoscope. Then he mentions the initial letters of the names. Each star has generally two or three letters, and the whole of Sanskrit and Malayalam can be drawn upon for the names of deities beginning with those letters. The choice is really very wide, even with the most difficult initial letters.

852 The child is not supposed to be carried out of its mother's family till the sixth
602 month. Then, on an auspicious day it is taken to the father's house (if the father
431 is a Nāyar) by the mother, with some tokens of respect to the father's sister. These
[824] presents generally are tobacco leaves (always a mark of respect among the Nāyars), betel, etc. The father's family generally gives a certain sum of money for the expenses of the coming ceremony.

852 These proceedings are preliminary to the ceremony of *Choru Koda*, or the giving
262 of rice. For the first six months the child is given only the cooked flour of dried plantain fruits. Rice, which is the chief food of the Nāyars, is strictly prohibited
[123] before the *Choru Koda*. As a boy of fourteen or fifteen, I have many times officiated
[613] in this ceremony, on one occasion as a member of the father's family and on others as a member of the maternal *Tharawad*. What is done is that the child is taken to the temple by its mother, accompanied by some women of the *Enangu* group, together with a male representative from the father's house (if the father is a Nāyar) and
[782] one from the mother's own family. There is an offering to the god of the temple
[783] in the form of rice cooked with milk and sugar, and all the party, after purifying

[241] [1] The question of origins is very difficult, yet we cannot pass without noticing the idea
[114] that the loin cords are the beginnings of dress. Professor Wilhelm Wundt, in his well-known book on *The Elements of Folk Psychology*, has shown conclusively that it has no reference to the development of clothing, but is entirely magical in its purpose (pp. 86–87). The prevalent custom among the Nāyars supports this view. The custom can be understood only in relation to the general beliefs about cord-magic and the efficacy of amulets attached to waistbands.

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This is mostly due to two reasons: 434 [482] [245]
First of all, there is the joint family system which provides for all the members without distinction. Secondly, every Nāyar family lives on its own plot of ground on which coco-nut palms are grown, which bring in a small but quite comfortable sum.

The standard of life is comparatively high. Among the richer classes it is 511
fairly decent, even according to the higher material standards of Europe, while, among the poorer clases, it never comes anywhere near the uncleanliness, the misery, the unrefined and uncultured barbarism which is the atmosphere of the slum life of the big cities of Europe. Poverty is less disreputable than in civilised communities, and the difference this makes is immense. The peculiarly civilised idea that success is the criterion of intrinsic merit, and that, consequently, failure by itself proves that it was deserved, is almost totally unheard of among the Nāyars. The fact that [613] [182]
the individual members of a family have to pool their abilities and, to some extent, their personal incomes, prevents the sharp distinction between the rich and the poor which is so characteristic of societies organised on an individual basis.

Food.—The Nāyars are not vegetarians. Like all Hindus, they do not eat 262
beef, but nothing else is prohibited. Fish is a favourite article of food, and there is an old couplet which sings:

> "*Kaṭal vāzhakkā Kari yunṭoru vaka*
> *Bhaṭa Bhojana maṭu Kooṭiṭilla.*" [539]
>
> "Then there is a kind of banana of the seas (fish)
> And the Nāyars cannot live without it."

There is another couplet, which says:

> "There is nothing among the various kinds of food which equals the flesh of a boar."

The Nāyars are great epicures and they cook beautifully. Rice, of course, is the staple food, but milk curds, butter and *ghee* are things of equal importance.

Most Nāyar families have three meals a day. The breakfast, among the poor 264
people, consists of rice boiled with water in the form of a pudding. With it is taken 262
as relishes pickles, fried fish, cooked vegetables, etc. The next meal is at noon. The main course, of course, is rice. The first part of it is eaten with butter, boiled peas, and many other relishes. The second course is fish, vegetables, etc., mixed with rice. The third part is eaten with buttermilk, mangoes, and pickles. The supper at night is also a meal of which rice is the chief part. The thing about it is that, though the main course is the same as porridge among the Scotch, the variety, as well as the taste, of the subsidiary dishes is what makes all the difference.

Clothing.—The typical Nāyar (male) clothing is the *Mundu*. This is generally 291 ●
2½ yards long, 1½ yards broad, cloth of fine texture made at Eraniyal, in South 184
Travancore. Nowadays, people wear cotton cloth from Lancashire, wide the [439]
richer classes go in for Benares silk.

8:Panikkar I-4,5 (no date) 1918 AWII Kerala AWII Nayar

291 184 richer classes go in for Benares silk. This is wound round the loins and extends to the feet. The upper part of the body is seldom covered by the commoner folk, though most of them carry a second piece of cloth with them. Among the titled classes of the Nāyars it is customary to put on a long piece of laced muslin on the upper part of their body.

Mostly the Nāyars go barefoot, though expensive and elaborately-made sandals are used by the richer classes.

824 302 *Scents, Flowers, etc.*—The Nāyars use a lot of scented things. Sandal-wood paste, which has a beautiful aroma, is generally used on various parts of the body. Musk is also used, generally by ladies. Jasmine is the favourite flower. It is worn in clusters by women in their hair. It is very difficult to find an old Nāyar house which has not got a jasmine plant in its garden. Its scent is delightful, and when strung together as a garland it makes the most delightful, as well as the most welcome, present to a lady. Jasmine is also strewn in the bridal bed.

415 412 326 *Household Utensils.*—Household utensils, plates, pots, etc., are mostly made of bronze. Very few Nāyar families have got what is spoken of as household silver. The material they use is generally made with great taste, but the praise for this does not belong to them. The workers in bronze are hereditary craftsmen. Their life is devoted to designing and making these things, and naturally they have acquired great efficiency in it. The only praise that the Nāyars deserve for using them lies in the fact that, in spite of a strong temptation to go in for aluminium ware, which is much cheaper, they persist in using the costly, but better made and more artistic bronze things.

121 178 What is the future of this people? Will they become patrilineal and merge into the vast ocean of Hindu population, or will they remain matrilineal, while adjusting their social relationships and economic organisations to suit the changing conditions of life in India? Will they break up their *Tharawad* (the joint family) and abandon the primitive system of classificatory relationship? These are questions difficult to answer, but some new tendencies may here be noticed.

178 611 One thing I must say to start with. There is no chance of the system of matriliny undergoing any fundamental change in Malabar. The reason for this is twofold. Firstly, the economic interest is too large to submit to any change in the order of things dictated by purely theoretical reasons. Even if we could establish that the patrilineal system of life is superior to the matrilineal, the change from the latter to the former would not take place in Malabar, because it would mean a social revolution of some magnitude. Secondly, as long as there is the Brahmin marriage system it is not only the Nāyars that are interested in its upkeep, but also the Nampudiris.

178 564 Another reason is this. There is in Malabar what may be called a strong caste war. There is first of all the Nampudiri class, mostly landlords with great social and religious influence. Their rivalry is not of great importance. There are, then, the Nāyars. Thirdly, we have the Syrian Christians, who are an extremely intelli-

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THE NAYAR WARRIORS OF ANCIENT TIMES

[facing p. 5]

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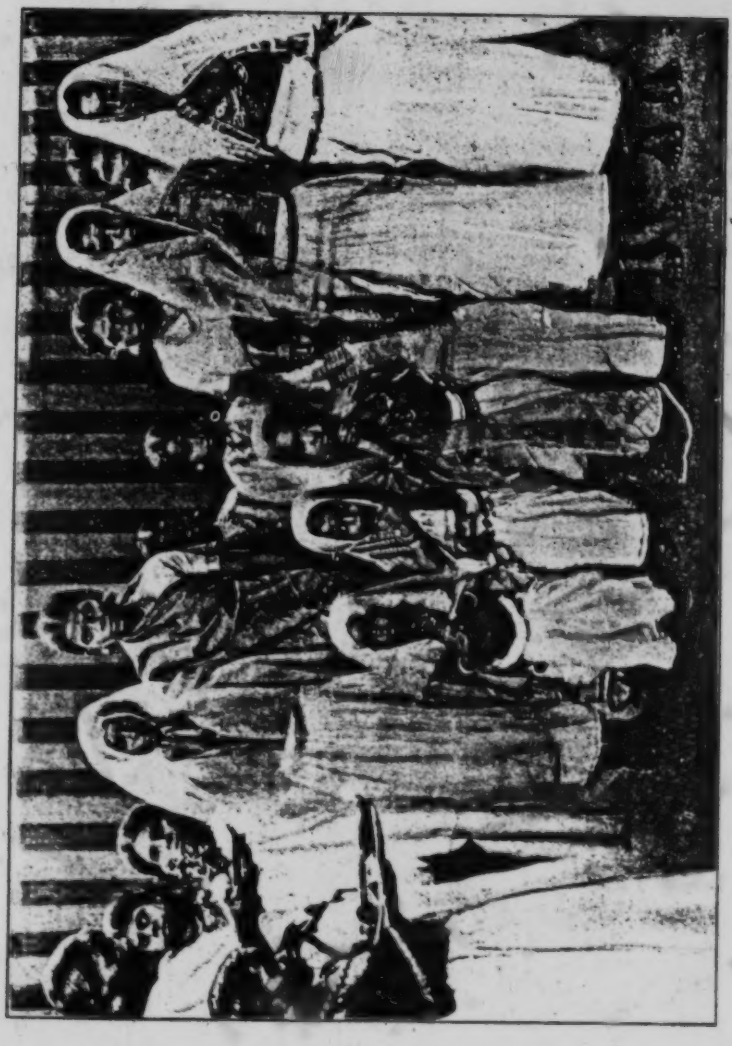

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A TALL-TYING GROUP OF NAIR GIRLS.

[facing p. 24]

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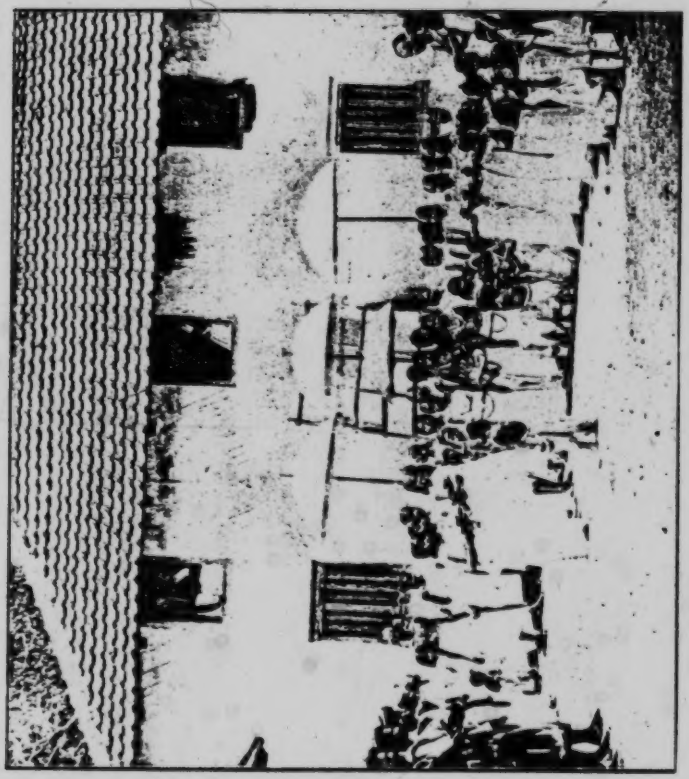

A NAYAR GIRL RETURNING HOME IN PROCESSION AFTER BATH
ON THE FOURTH DAY AFTER THE FIRST MENSES.

[facing p. 29]

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like other conventionalities, is an accident, and the Nayar women are as chaste and faithful as their neighbours, just as they are as modest as their neighbours, although their national costume does not include some of the details required by conventional notions of modesty."[1] Nevertheless, the existing state of things in the community does not quite satisfy the sentiments of the educated public. There was a loud cry for reform and legislation in British Malabar. The Madras Government appointed a commission, which, after its protracted labours, enacted a permissive law, Act IV of 1896. The main provisions of the Bill are, that, when a *sambandham* has been registered, it shall have the incidence of a legal marriage; that is to say, the wife and children shall be entitled to maintenance by the husband or father respectively and to succeed to half his self-acquired property if he dies intestate, while the parties to such a *sambandham* cannot register a second one during its continuance. The law does not extend to this State. The fewness of the number of marriage registrations shows how little the Nayars, as a community, have availed themselves of it. The principal objections urged against it are: (1) that it ignores caste and customary restrictions on marriage and thereby interferes with caste; (2) that it sanctions what according to social usage is deemed to be incestuous marriage; (3) that marriage before the Registrar is obnoxious to the people, and that no one has any scruples about going through the customary form; (4) that the provisions relating to divorce are ill-adapted to the present state of society in Malabar, and that revelations of conjugal infidelity in public courts are the most repulsive to the people; (5) that the provisions relating to the giving of the whole of the self-acquired property to wives and children amount to violent interference with the customary law. The following extract from Moore's Malabar Law and Customs is well worth the perusal[2]:—

From the date on which the Act in Malabar came into force up to 31st March 1910, one hundred *sambandhams* have been registered. "In his last report of the working of the Act, the Registrar-General states, that the number of notices of

1. Logan's Manual of Malabar, Vol. I, page 136.
2. Malabar Marriage Commission Report, page 23.

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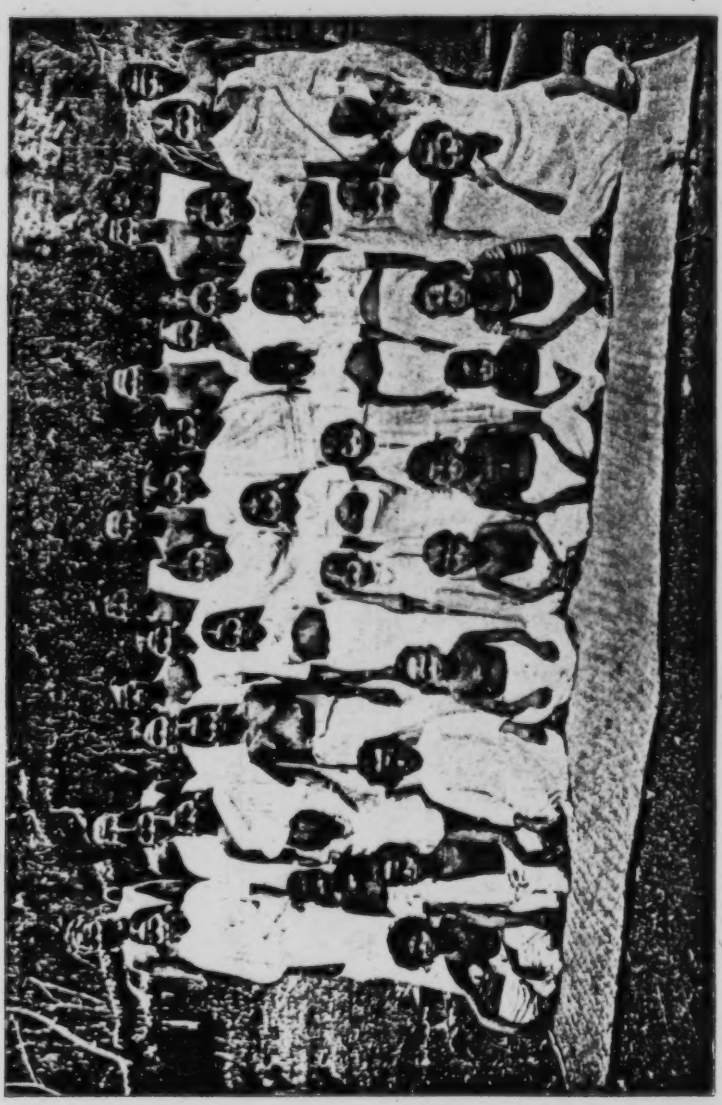

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A TYPICAL NAYAR FAMILY

[facing p. 47]

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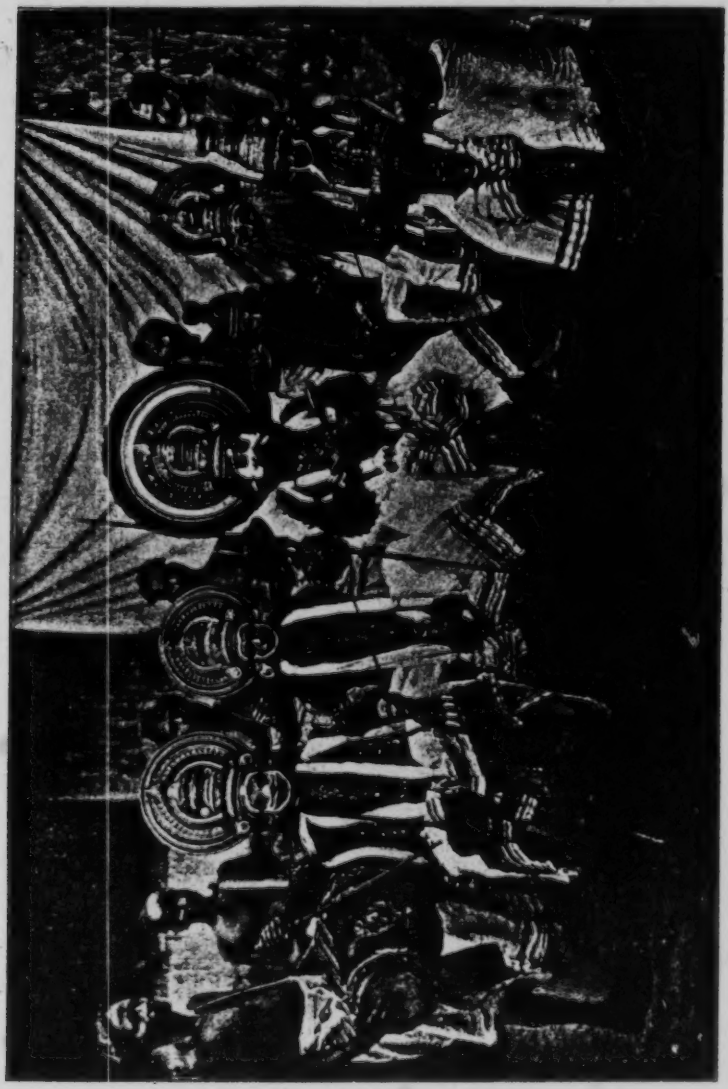

CHARACTERS OF MALABAR DRAMA (KATHA KALI).

[facing p. 65]

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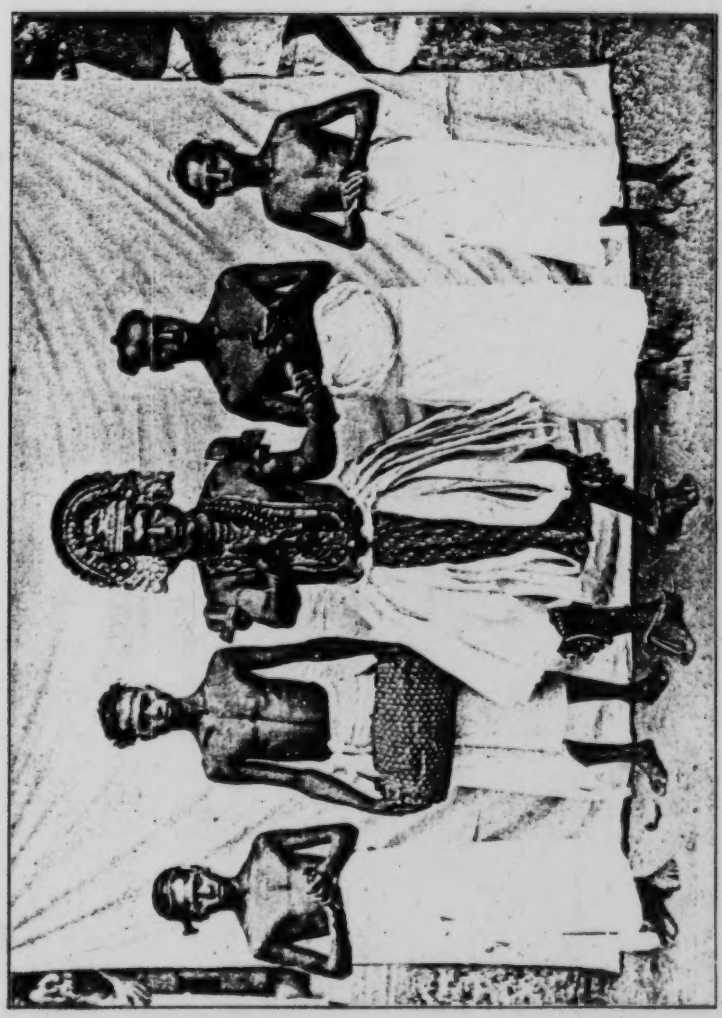

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OTTAMTHULLAL.

[facing p. 66]

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A PARTY OF NAYARS: TIMING ON BOWSTRINGS DURING ONAM FESTIVAL.

[facing p. 71]

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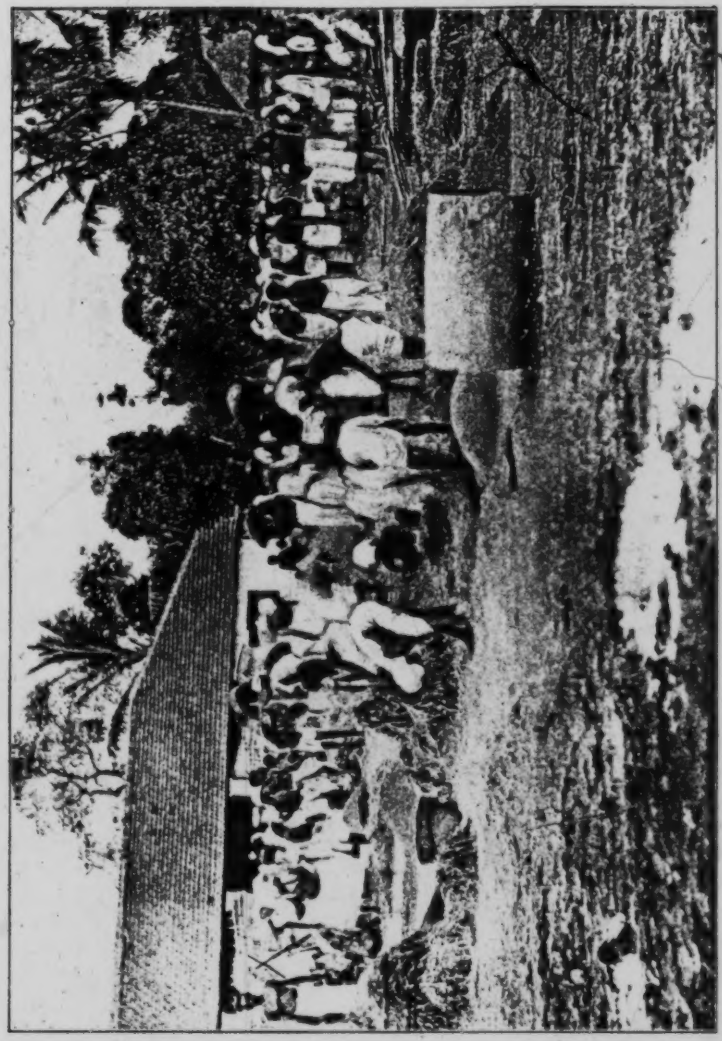

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NAYAR WOMEN THRESHING CORN.

[facing p. 98]

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Nayar

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the caste or the grown-up women cook and serve the food to the inmates who sit in the dining hall with their own dishes or with plantain leaves placed before them. In ordinary and poor families the cooking and serving are done by women alone.

574 564 252
In grand festivities in which food is served to a large number of the caste-men, the preparations are similar to those served at Brahman feasts, a full account of which will be given when I deal with them.

564
Social status.
The Nayars rank below the Ambalavásis and above the polluting castes. Even among themselves there are various grades of social precedence, and the members of higher sub-castes do not freely mingle with those of the lower. Men of the higher sub-castes may sometimes eat with those of the lower, but their women never take their meals with those lower to them in the social scale. It is curious to note that in grand feasts and on ceremonial occasions, good many formalities have to be observed in the allocation of seats in the dining hall for guests according to their social status, and any violation of the caste rules or etiquette will end in their abruptly leaving the hall. The touch of the Nayar pollutes the Brahmans, and they themselves in turn are polluted by the touch of the low caste Sudras. The consumption of meat does not entail loss of caste, though many abstain from eating it. They may take or drink water from the wells belonging either to their own caste or the three castes above them. Elayathús are their priests, but sometimes their caste-men also officiate as such, and Nambuthiris give *punnydham* (holy water) to the Nayars under pollution. Being in close contact with the Brahmans, they learn to conduct themselves as the Brahmans do, and their morning and evening baths and their worship in temples are as punctual as those of the priestly class.

[264] [574] [796] [576] [262] [271] [793] [783]

291
Dress.
Clothing is of considerable hygienic importance in the life of a nation, and hygiene plays a considerable part in the dress of a Nayar. A piece of cloth, two to two-and-a-half yards long and one-and-a-half yards broad, is worn round the loins. It must touch the ground or very nearly so, and this method of wearing the cloth gives a simplicity and dignity most suitable to their classic features. A small upper garment is also worn while at home A Nayar always carries an umbrella while walking in the sun, but there is no covering for the head.

[293]

9:Iyer E-4, 5 (ca. 1902-1906)1912
AWll Kerala AWll
Nayar

291 is no covering for the head. This forms the costume of a [292] large majority of them. On special occasions or when he goes to public places, he has the same loin cloth, while a richer cloth (*pièce mundu*), somewhat longer and broader, is worn over [464] the upper part of the body. As has already been said, Nayars [177] are to be found in all grades of public service, and these as well as others wear a kind of a neat loin cloth, with a shirt and coat together with a turban to cover the head, while others more fashionable appear in European costume with turbans instead of hats; others again wear hats as well, but their number is few. Among the poorer classes, the loin cloth is not larger than a yard-and-a-half or two by three-fourth of a yard.

302 The men shave their faces and bodies clean, leaving an oval patch of hair on the top of the head, while some grow it over a large surface of the head. In both cases, care is taken [177] to keep the tufts sufficiently long, smooth and oily, and this adds considerably to their neat and handsome appearance; but it is becoming the fashion to crop the hair and to dress it in the fashion of the Europeans.

291 The Nayar women wear an inner garment round the loins and this is covered by an outer garment which is usually two-and-a-half yards in length and one-and-a-half yards in breadth. Sometimes, instead of two cloths, one cloth sufficiently long for the purpose is worn. The dress is white, and sufficiently decent to cover the lower part of the body, and a small upper cloth serves as a covering above the waist. The Nayar women of the present day wear petticoats and cover the upper part of their body [369] with a piece of cloth. It is curious to notice that this form of [178] dress does not find favour (in the rural parts) with the Nambuthiris who are either their landlords or to whom they owe some kind of allegiance or subordination. The absence of any covering for the bosom in ordinary female dress has drawn much ridicule on the Nayars, and this custom has been much mis[548] understood by foreigners. So far from indicating immodesty, it is looked upon by the people themselves in exactly the opposite light, for among them prostitutes only cover the breasts. "A custom has in it nothing indecent when it is universal," as [171] one of the travellers philosophically remarks (Dall). It is, in [576] fact, a mark of disrespect to one's own elders and betters for either a male or female of the Nayar caste, and of all castes

9:Iyer E-4, 5 (ca. 1902-1906) 1912
AWll Kerala AWll
Nayar

below it, to cover the upper part of the body, and traces of the same custom can still be found among other Dravidian tribes, some of them being people who are anything but uncivilized. The prohibition applies both to males and females. Men moreover cannot wear caps, turbans or shoes, and must divest themselves of these luxuries, when they meet their elders, even though the meeting takes place in the middle of the road. Until 1865, it was forbidden by law for women of the Chóvans and of those of the lower castes to wear any clothing above the loins. The present generation of Nayar women, except perhaps the servants and the poor, have taken to the use of an upper garment and petticoat, in the same way as the Nayar males now freely use a second cloth. Young girls wear a piece of cloth round the loins, while those of four and five years of age wear a small strip of cloth, or a piece of the bark of areca palm. Generally young children of both sexes go about naked.

The subject of hair-dressing and personal adornment is more psychological and ethnological than hygienic. The Nayar women take special care in the growth and preservation of their hair. They use a kind of medicinal oil to improve its growth, and to keep it smooth and shiny. Many a young woman's plait of hair reaches the knee or even lower, and this adds greatly to her beauty. The hair is parted in the middle and tied either tight to the ears or twisted up in front in a sort of cone or sometimes tied into a knot behind.

Jewellery.

The Nayar women are fond of jewellery. They are no doubt partial to gold, but unlike their Brahman sisters they wear very few ornaments for daily use. The oldest ornament of the Nayar lady is the *nágapatam* or serpent's hood, so called from the shape of the pendant. The ear-ornament is the *thóda*, which is a double convex disc, the front surface of which is either plain or set with rubies, for the wearing of which the ear-lobes are sufficiently dilated. This dilating process begins at a very early age, and the ear-lobes, in the case of a majority of the women, become so far distended as to make it possible to wear *thódas* of more than an inch in diameter. The tendency at present is to wear small ones which do not require much dilation. Then come the ornaments for the nose which are *mukkuthi* and *nathu*. These do not find favour with the young women of these days, and what is called the nose-screw set with a ruby has taken their place.

9:Iyer E-4, 5 (ca. 1902-1906)1912
AWll Kerala AWll
Nayar

301 There are various ornaments for the neck, of which the one called *addiyal* is the commonest. Other ornaments for the neck are the so-called *yanthram*, *poothdli*, *avil mdla* and *pulinakham*. The latter is worn by children, and *pálikka-*
[291] *móthiram* is the ornament which is worn by maidens. Gold and silver belts are worn round the loins. Grown-up women do not wear anklets, while the younger ones use *káppu* and *golusu*. Rings of all kinds are worn on the fingers.

[pp 103 ff. not processed]

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12:Peter E-5 (1939, 1949)1963 AWll Kerala AWll

Respect towards a superior, towards a god, towards a respected Parent, or towards the higher casteman, was always shown in Kerala by not wearing anything in his presence above the waist, be one man or woman. Basically, this has changed but little, the Nambudri Brahmin always praying in his private temple with only a loin cloth on, the modern Tiya factory girl now removing the blouse which she has taken to wearing before some important personage of her kin group, so that her breasts are exposed. What is a less frequent sight nowadays is Nayar, Tiya or Kammalan women in the streets and on the roads without some covering over the upper parts of their bodies. Lower caste people, however, Cherumas, Pulayas and aboriginals, being less affected by progress, are still to be seen on the highways, their shapely bodies exposed from the waist upwards.

A striking phenomenon in Kerala is the coexistence, even today, of the two radically opposed systems of *marumakkathayam* (matriliny) and of *makkathayam* (patriliny). In the first, children are born into their mother's caste, while in the other they are born into their father's caste. Inheritance is through the mother's brother in the first instance, and through the father in the second. The matrilineal people are grouped in matrilineal clans called *tarawads*, of which the senior male member, the *karanavan*, is the recognized head; the patrilineal people have patrilineal clans called by the same name, *tarawad*, also with the senior male as the *karanavan*, but at the same time, they observe descent through the mother, and all are members of matrilineal descent groups known as *illams* or *kiriyams*. While castes and, strictly speaking, subcastes are in principle endogamous, clans and lineages are definitely exogamous, marriage being matrilocal in the case of matrilineal people and patrilocal in the case of patrilineal people.[1]

Of the high castes, only the Nambudri Brahmins are *makkathayam*. They have patrilineal *gothras* or lineages which are exogamous, and patrilineal clans like *tarawads* which they, however, call *illams*. In olden days, only the eldest son could contract a regular marriage within his caste, marriage being polygamous and patrilocal. The younger sons were either expected to live as *brahmacharyas* (bachelor religious devotees) or could cohabit with Nayar women in a form of union known as *sambandham* to which we shall revert in a moment. They were maintained by their own efforts (they generally became cooks) and by a meagre allowance from the family *illam*. This has now been changed by

[1] I continue to make use of the terms *matrilocal* and *patrilocal* here, rather than *uxorilocal* and *virilocal* as still being perfectly adequate as they were for Ceylon previously.

12:Peter E-5 (1939, 1949) 1963 AWll Kerala AWll
Kammalans
Kolla-kurups

and boys had preference over girls in this matter, but the latter could inherit if there were no male heirs.

The plot of land upon which the house was built was leased to the family as a sort of *kudiyiruppu*. It cannot be called a fully orthodox one, since Krishnan said that he had paid fifty rupees to the former resident, a coolie of the Ertachan caste (low caste Nayar), twenty three years ago when he took over from him, and another fifty rupees to the *janmi*, a Nambudri Brahmin called Manjalata Nambudri. Since then, rent had been fixed at eight annas and six pies a year, but he had not paid it for the last two years, he said, because nobody had asked him to do so! He made his living all right as a brazier, although it was not a very lucrative profession.

Having been to polyandrous families of the four sub-castes of the Kammalans, I next went on to investigate the polyandry of their associated artisan sub-castes, of which six were reliably reported to practise it. I began with the *Kolla-kurups* or shampooers, masseurs and leather shield makers. To these are assimilated also the *Vil-kurups* or bow makers, but I did not have the opportunity to see any. There are a subdivision of the main sub-caste, on the basis of speciality, as the *Puri-asari* are of the regular *Asari*.

On the 20th of November, 1949, I went to the house of a *Kolla-kurup* near Palappuram. This town is on the main Shoranur-Palghat road, east of Ottappalam, just before reaching the cross-roads of Lakkidi. We left the car on the highway, and proceeded on foot to the south of it, along a narrow, winding path which took us past luscious, green paddy fields lined with coconut trees, to a largish house, built of clay and laterite but thatched in the usual way, standing on an elevated piece of ground, like a platform. There was a gate to pass through, and as we went in we saw members of the family sitting about on a kind of rough, dried-clay verandah running round the walls of the building.

There were quite a lot of them, and they were all very gay and noisy. They started singing at the sight of us, and, laughing and shouting, made a considerable fuss of us. The contrast to the rather dismal atmosphere of the other houses that we had visited was very marked. After my guides and interpreters had somewhat quietened the children, we managed to speak to a man called Shankaran, aged thirty six, who was the eldest living male member of the family's second generation. With him were his wife and children, as well as his twenty five year old sister, Kalyany. None of the people wore anything from the waist upwards, and only a piece of cotton cloth covered the lower part of their bodies.

[TEXT CONTINUES ON P. 206]

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Thandans

124 I would obtain more detailed information concerning the Feeling That children from Nani than from Panju or his brother, Narayana, I proposed one day to interrogate her rather than her husbands. After some initial difficulties, the principal one being that men did not like to let her out of their sight, I did, nevertheless, manage to interview her in the yard of the Appayl Wattakkeh household. Even then, I could see that Panju was uneasy about it. I noticed that all the time he was apparently playing with his favourite son, Kumaran, he cast suspicious and displeased glances in our direction, and attempted to overhear what one of the intrepreters was saying. The other volunteered to help, and took to talking with Panju during these interviews, in order to entertain him and keep him occupied elsewhere. But this was never entirely successful and it was obvious that Panju fundamentally disapproved of my speaking to his wife directly instead of through his or Narayana's intermediary.

I have already remarked how much more pleasant and rewarding I had found it to question the women of Kerala rather than their menfolk. Nani was no exception, and she proved to be much more intelligent and willing in her answers than Panju ever was. Perhaps an explanation of her husband's distaste for my speaking directly to her is to be found in this: he vaguely feared that she would tell me things which she "ought not to", and which he confusedly thought wrong to let me have. Narayana was the same, and although he, too, pretended to play with young Sridaran, it was only an excuse, I think, to remain in the courtyard, to watch us and try and overhear what was being said.

862 Nani was still suckling the two year old Raghavan, her last child. I asked her when and how she would wean it, and she answered that she would do so when she would be two months pregnant again. She [278] would then apply *nux vomica* to her breast nipples and the bitter taste would make the child stop wanting her milk. She said that she obtained the product in the bazaar as a pharmaceutical drug, not as a natural product of the country. Some children were not put off by this method, she added, and for Kumaran she had had to put chicken dung on her nipples and tell him what it was that he was about to eat. In other cases, some mothers beat their children till they stop suckling, but Nani did not like to do this, although she knew that others did.

291 Loin cloths were not put on children until they were in their third [855] year. Before that they were allowed to run about naked. In Nani's opinion, they began to realise that there was a difference of sex only [864] when they were five. (This appeared to me to be somewhat in contradiction with the fact that children received their first clothes two years

12:Peter E-5 (1939, 1949)1963 AWll Kerala AWll
Thandans

earlier, but I give the information here as it was recorded by me at the time from the informant's statement.)

In spite of a child being fed at the breast very late, the habit of sucking a jump or a finger existed in Kerala as much as it does with us. Nani said that mothers did try to stop it, telling the child that it is bad, and threatening punishment should it persist. There were no substitutes given, such as rubber teats, and the habit was the natural derivative of breast suckling. When the children had teeth, they used them freely when feeding, and also pulled and scratched the breast with their hands. Boys and girls behaved similarly in this respect and she could notice no difference due to sex between them.

Diapers made of cotton cloth in which the child was wrapped were used for the first year and a half. Then the baby was taught the rudiments of sanitation and shown where and how to go. The mother was almost exclusively in charge of teaching the child this, but sometimes in exceptional circumstances (when she was in the polluting period of her menses), the father, the one most fond of the children, would take the task upon himself. Should the baby forget itself or disobey what it had been told, it would be beaten with a twig over the buttocks or threatened that it would be carried away by a madman or a cat or a dog.

Children slept together on the same mat on the floor of the house until the age of twelve. Aggression between them was quite marked at an early age, and Nani had already told me how the infants with teeth treated her when feeding. A new-born child caused the development of much jealousy among the elder children and they bit and scratched at this time even more than usual. Sridaran was the worst in this way of the four children she had had, and he was still the most aggressive of them all. He often threatened to drive his mother out onto the road and back to the house from whence she came, and accompanied his threats with kicks. He never dared, however, to say such things to his fathers, and showed a marked preference for Narayana, corresponding in this to what Panju had told me about presumed physiological paternity. He seemed to resent any interference from his elder father, especially when the latter insisted on his going to school. He had been known to refuse point blank to go there.

Raghavan, although very young and quieter now, was pretty bad, too, in the way that he fought, bit and scratched his mother. He was late in walking and talking and had really only just learned to do these things. Madhavan spoke very early, earlier than all of them; at the age of five months, he could already make himself understood with words. Nani

12:Peter E-5 (1939, 1949) 1963 AWll Kerala AWll
Nayars

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Fig. 7. Parbhatiama, the Nayar woman and her sister Kunyimaluama.

Fig. 8. Kunyimaluama and her brother Krishnanayar.

[P. 238-B]

12:Peter E-5 (1939, 1949)1963 AWll Kerala AWll
Thandans
Tiyas

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Fig. 9. Thandan women bathing in the Ponani river of south Malabar, near Lakkidi, in the Walluvanad taluk.

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Fig. 10. Kaladiwalapil household of Perumpillav village in north Cochin. From left to right, standing: Kandapan, Mundon, Chaki and Raman; seated in front: Lakshmi, her son and Kunyu.

[P. 238-C]

12:Peter E-5 (1939, 1949) 1963 AWll Kerala AWll
Kolla-kurups
Kammalans
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Fig. 11. Kalyani standing at the *Kolla-kurup* Palappuram *kalarikel* household gate (the others are curious onlookers)

Fig. 12. Kunji of the *Karuwan* Mudrikelparampil household.

[P.238-D]

12:Peter E-5 (1939, 1949)1963 A WII Kerala A WII
Kolla-kurups
Toi-Kollans

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[516]

Fig. 13 While Kunji, aged twelve, of the *Kolla-kurup* Palappuram *Kalarikel* sings, the rest of the family sits around her

[304]

Fig. 14 Old Kurundi'a, seventy six, of the *Tolkollan* household of Palakatampil village, near Ottappalam. Note the enlarged holes in her ear lobes

[P. 238-E]

12:Peter E-5 (1939, 1949) 1963 AWll Kerala AWll
Panans

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Fig. 15. Sita of the *Panan* Villarkaden household, Kundilpadam *tarawad*. At her breast, Kumaran, then Chami and Narayana.

[P. 238-F]

12:Peter E-5 (1939, 1949)1963 AWll Kerala AWll
Cheruma

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Fig.16. A handsome girl labourer of the Cheruma caste.

[P 238-G]

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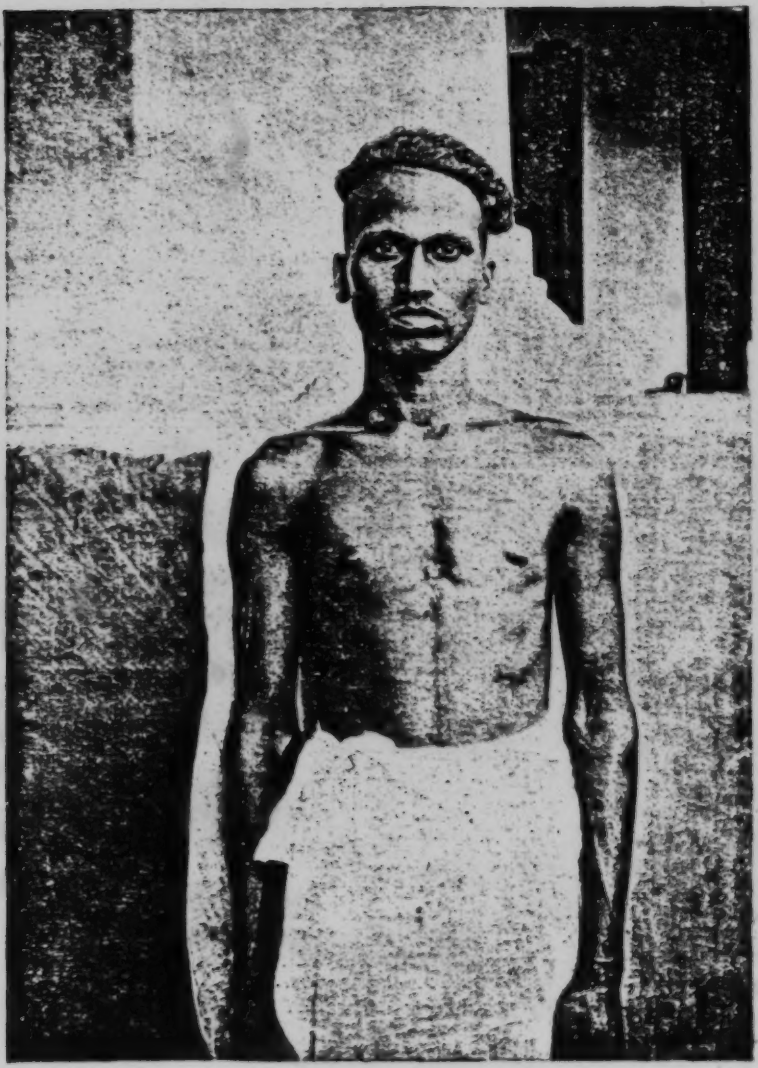

AKATTUCHARNA NĀYAR.

[Facing p. 305]

13:Thurston & Rangachari E-4, 5 (no date) 1909
AW11 Kerala AW11
Nayar

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NÂYAR FEMALES.

[facing P. 312]

13:Thurston & Rangachari E-4, 5 (no date) 1909
AW11 Kerala AW11
Nayar

tamarind, and mango. The whole house is known as vitu. The houses are built on various models, such as pattayappura, nālukettu, ettukettu, and kuttikettu."

Concerning the dress of the Nāyars, Mr. N. Subramani Aiyar writes that "the males dress themselves in a mundu (cloth), a loose lower garment, and a towel. A neriyatu, or light cloth of fine texture with coloured border, is sometimes worn round the mundu on festive occasions. Coats and caps are recent introductions, but are eschewed by the orthodox as unnational. It is noted by Mr. Logan that 'the women clothe themselves in a single white cloth of fine texture, reaching from the waist to the knees, and occasionally, when abroad, they throw over the shoulder and bosom another similar cloth. But by custom the Nāyar women go uncovered from the waist. Upper garments indicate lower caste, or sometimes, by a strange reversal of Western notions, immodesty.' Edward Ives, who came to Anjengo about 1740, observes that 'the groves on each bank of the river are chiefly planted with cocoanut trees, and have been inhabited by men and women in almost a pure state of nature, for they go with their breasts and bellies entirely naked. This custom prevails universally throughout every caste from the poorest planter of rice to the daughter or consort of the king upon the throne.'"

[According to ancient custom, Nāyar women in Travancore used to remove their body-cloth in the presence of the Royal Family. But, since 1856, this custom has been abolished, by a proclamation during the reign of H.H. Vanchi Bala Rāma Varma Kulasakhara Perumal Bhagiodya Rāma Varma. In a critique on the Indian Census Report, 1901, Mr. J. D. Rees observes* that

* Nineteenth Century, 1904.

13:Thurston & Rangachari E-4, 5 (no date) 1909
AW11 Kerala AW11
Nayar

291 "if the Census Commissioner had enjoyed the privilege of living among the Nāyars, he would not have accused them of an 'excess of females.' The most beautiful women in India, if numerous, could never be excessive." Concerning Nāyar females, Pierre Loti writes* that "les femmes ont presque toutes les traits d'une finesse particulière. Elles se font des bandeaux a la Vierge, et, avec le reste de leurs cheveux, très noirs et très lisses, composent une espèce de galette ronde qui se porte au sommet de la tête, en avant et de côté, retombant un peu vers le front comme une petite toque cavalièrement posée, en contraste sur l'ensemble de leur personne qui
515 demeure toujours grave et hiératique."] The Nāyars are particularly cleanly. Buchanan writes that "the higher ranks of the people of Malayala use very little clothing,
[824] but are remarkably clean in their persons. Cutaneous
[302] disorders are never observed except among slaves and the lowest orders, and the Nāyar women are remarkably careful, repeatedly washing with various saponaceous plants to keep their hair and skins from every impurity."
296 The washerman is constantly in requisition. No dirty
292 cloths are ever worn. When going for temple worship, the Nāyar women dress themselves in the tattu form by drawing the right corner of the hind fold of the cloth between the thighs, and fastening it at the back. The cloth is about ten cubits long and three broad, and worn
301 in two folds. The oldest ornament of the Nāyar women is the necklace called nāgapatam, the pendants of which resemble a cobra's hood. The Nāyar women wear no ornament on the head, but decorate the hair with flowers. The nāgapatam, and several other forms of neck ornament, such as kazhultila, nalupanti, puttali,

* L'Inde (sans les Anglais).

13:Thurston & Rangachari E-4, 5 (no date) 1909
AW11 Kerala AW11
Nayar

chelakkamotiram, amatāli, arumpumani, and kumilatāli are fast vanishing. The kuttu-minnu is worn on the neck for the first time by a girl when her tāli-kettu is celebrated. This ornament is also called gnali. Prior to the tāli-kettu ceremony, the girls wear a kāsu or sovereign. The inseparable neck ornament of a Nāyar woman in modern days is the addiyal, to which a patakkam is attached. The only ornament for the ears is the takka or toda. After the lobes have been dilated at the karnavedha ceremony, and dilated, a big leaden ring is inserted in them. The nose ornament of women is called mukkuthi, from which is suspended a gold wire called gnattu. No ornament is worn in the right nostril. The wearing of gold bangles on the wrists has been long the fashion among South Indian Hindu females of almost all high castes. Round the waist Nāyar women wear chains of gold and silver, and, by the wealthy, gold belts called kachchapuram are worn. Anklets were not worn in former times, but at the present day the kolusu and padasaram of the Tamilians have been adopted. So, too, the time-honoured toda is sometimes set aside in favour of the Tamil kammal, an ornament of much smaller size. Canter Visscher (who was Chaplain at Cochin in the eighteenth century) must have been much struck by the expenditure of the Nāyar women on their dress, for he wrote* 'there is not one of any fortune who does not own as many as twenty or thirty chests full of robes made of silver and other valuable materials, for it would be a disgrace in their case to wear the same dress two or three days in succession'."

It is noted by Mr. Fawcett that "the Venetian sequin, which probably first found its way to Malabar in the days

* Letters from Malabar.

13:Thurston & Rangachari E-4, 5 (no date) 1909
AW11 Kerala AW11
Nayar

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PALNI PILGRIM AND KAVADI.

[Facing p. 39]

31: Slater S-5 (1916-1917) 1918 AW1 India
Kerala AW11

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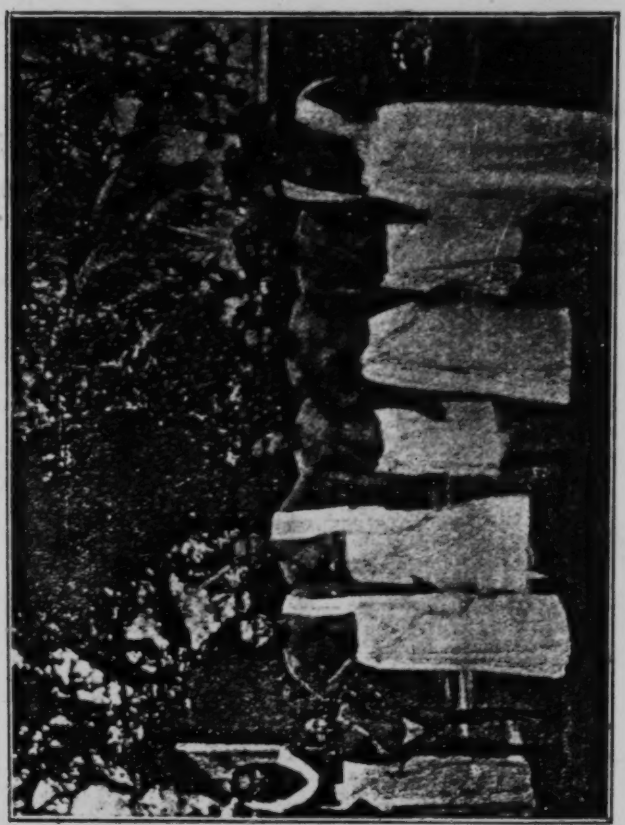

GROUP OF NAMBUDRI BRAHMANS. Photo by G. Slater.

[facing p. 128]

31: Slater S-5 (1916-1917) 1918 AWI India
Kerala AWII

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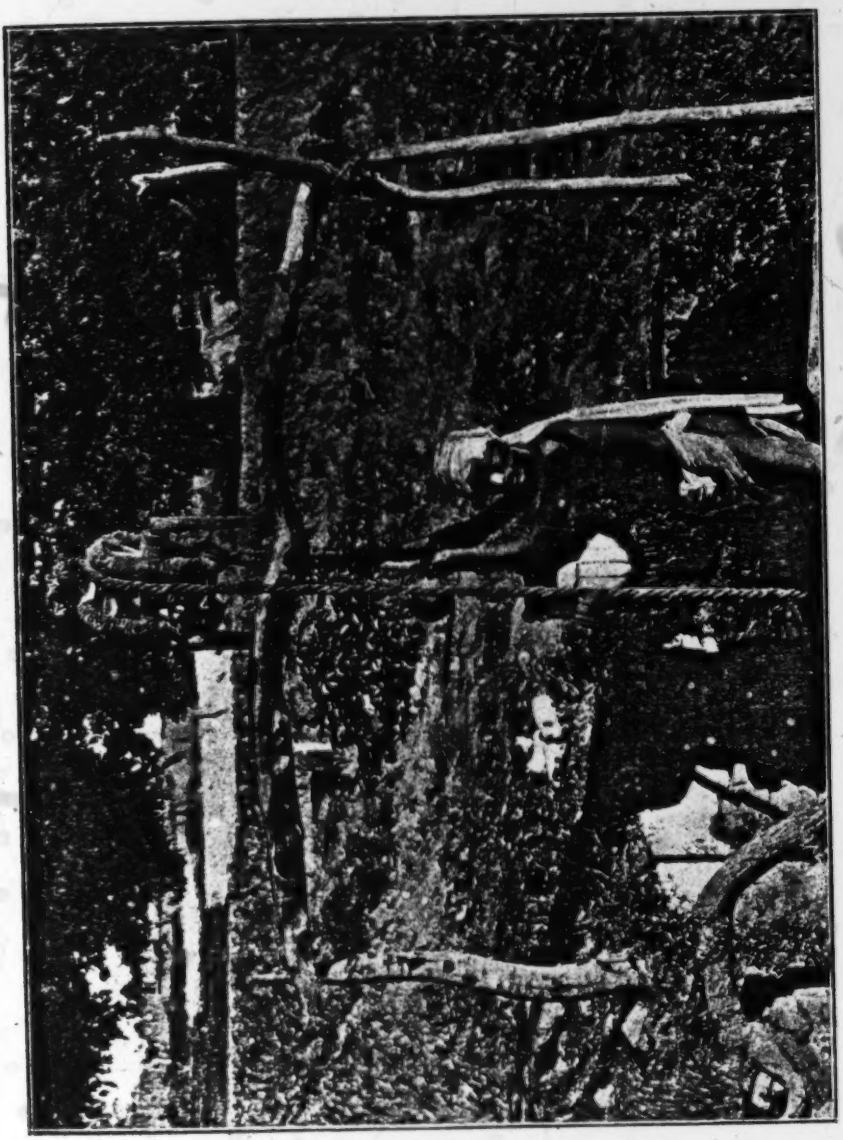

"RATANAM", A FORM OF WATER-LIFT (TIRUVALLUR). Photo by Agricultural College.

[facing p. 152]

31: Slater S-5 (1916-1917) 1918 AWI India
Kerala AWII

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HARVESTING PADDY IN NORTH MALABAR, FIELDS STILL WET. Photo by Agricultural College.

[facing p. 168]

31: Slater S-5 (1916-1917) 1918 AWI India
Kerala AWII

west, and sold there. The profit of the bargain is four annas. Twelve families subsist on this trade.

Buttermilk, ghee and butter are made and sold by some families. But this is not a steady trade. It is dependent on cows giving birth.

Village trade.—The volume and the extent of village trade is limited; the wants are few and easily satisfied. Paddy seed for cultivation is not purchased but borrowed from the landlord at an interest of sixty per cent. The amount borrowed with the interest thereon is annually given back to the landlord and again borrowed at the sowing season. The borrower is bound to return paddy fit for seeding.

Other commodities useful for agriculture, such as ropes, vessels used for lifting water, etc., are purchased from the little town of Kunnankulam, eight miles off and belonging to the Native State of Cochin. There is a big bazaar at Kunnankulam where almost all necessaries and luxuries are sold. But the usual market for the village trade is that held on every Thursday at Chalisseri, a large village three miles to the west of Kothachira. People take areca, paddy and other vegetables to this market, get these sold there and with the money thus obtained purchase necessaries; sometimes articles are directly exchanged for paddy. The chief necessaries usually purchased are salt, fish, oil, kerosene, chillis, onions, and cloth to wear. Men and women wear simply one *mundu* around the waist. Hence little clothing is required.

Chalisseri is in a way an important place. Much trade in areca is carried on here. The agents of the areca traders of Chalisseri come to each family and purchase directly the quantities each has to sell. The quantity conveyed to market by the ryot himself is not very great. The selling price of areca varies from three to five rupees per tulam (= 25 lb.) according to time and circumstances. The arecanut traders of Chalisseri are absolute masters of this business and often impose their own terms upon the cultivator. After being cut and dried areca is exported by the former into the districts of the east. The best areca grower has sold nuts worth Rs. 400 a year.

The road that runs from the Pattambai railway station to Chowghat passes through Chalisseri. This is the nearest road to Kothachira people. It winds near Kutnad and thus runs parallel to the northern and western boundaries of Kothachira at a distance of two miles from each. A by-road cut from the western arm of the main road to the house of one of the jenmis at his own expense, has long been out of use and is not adapted for public purposes.

The idea of co-operation is unknown. A public road opened along the private footpath that runs between Karuvathur, a village six miles to the east of Kothachira, and Chalisseri, would be of immense use to the public of these parts. Much traffic is carried on along this footpath between these places specially on market days. It would run across Peringode and along the boundary between Mathur and Kothachira and thus benefit all these desams.

Economic condition of village.—The economic condition of this desam is rather discouraging. The people are deep in debt, are overworked and underfed and ground down by a double tyranny, the tyranny of the landlord who is also the money-lender, and the tyranny of deep-rooted custom in all their lives and walks.